

**KILRAIN AND SMITH.**

Visits Paid to the American and English Gladiators.

HERCULES OF TWO HEMISPHERES

**Jake and Jem Engaged in Juggling  
Sandbags.**

**VARIED PROGRAMME OF TRAINING**

The Former Taking Occasional  
Spins With Pedestrian Rowell.

JOHN L. AND CHARLEY MITCHELL

**Fight Between Them, With the Odds in Favor of the Big Champion.**

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Cable-Special to the B.E.]-Jake Kilrain is training for his coming fight at a tranquil seaside spot on the southeast coast of England, the exact locality being for various reasons kept quiet. It was made ready by his friends and by request the Herald correspondent visited it to-day. After two and a half hours of mountainous railway ride

beach, I found Kilrain and Mitchell residing

presenting a Herald card, I was shown into the billiard room of the residence. I found Mitchell and Charley Rowell over the game, they talking freely while proceeding with it, while Kilrain came in just before the finish and when the game was over, to my questions as to Kilrain's methods and habits here, Mitchell gave this narrative: "Jake rises about 6:30 every morning and goes out for a long walk with Rowell along the seashore until 8:30, then back to breakfast which consists of either breakfast, mutton chops and fish or grilled fowl, as he wishes and which is varied daily. He then rests for an hour and goes out again at 10 a. m. wearing heavy sweaters, and does from fifteen to twenty miles running and walking in company with Rowell. This he varies with bouts with a twenty-pound air bag. When he comes back to the house he has a bath in sea water, followed by one hour's good rubbing with Irish whisky for his body and liniment for his legs. Then Jake takes light recreation such as billiards, until dinner, which is at 1:30 p. m., consisting of roast beef or mutton, a little greens and salt bread, but no potatoes and half a pint of old ale after dinner. He picksles his hands to toughen the skin. The ingredients

are vinegar, horse radish and rock salt. The  
follows Indian club exercise, dumb bells and

next rubbed down with whisky all over and this performance takes till supper or tea time, which consists of anything light that he fancying devoid of fat. He sometimes has a littleisingglass, then rests for about three-quarters of an hour, when he takes an easy stroll for about an hour, comes home, writes his correspondence for the day and goes to bed at 9:30 after a good rub down.

Turning to Mitchell I asked him about his own coming fight with Sullivan, when he

"I have plenty of time to get in fighting condition to meet him after Kilrain's fight."

over, when I shall make similar training what Kilrain is doing now, but I feel so now that I am sure I can get myself fit to fight Sullivan in three weeks. I am very much pleased that the match has been made and especially for some time ahead, so that Sullivan can get himself fit and there cannot

any excuse for his being out of condition when he meets me, when I hope and feel certain of showing to the American, as well as the English people, that Sullivan is nothing but a wind-bag."

Jack Kilrain, who had been out of the room for a few moments, came back now attired in a dark-blue flannel shirt, white sweater underneath, and fancy Tailor's O'Shaunter cap. It was now I noticed his altered appearance since I described his debut in St. James hall. He had his mustache shaved, or, as he himself said,

"My point of beauty has gone," he looked quite contradictory to his pictures, which he freely sold here now, and said as regards Smith:

"I have only met him for a moment, but I merely shook hands with him. I found him a pleasant fellow to talk to. Oh yes, I feel confident that I shall win my fight with Smith. If I win I shall give over fighting altogether. It is too much work to keep training while you and other people stay in London seeing the sights, and I am almost buried alive here. I am about twenty-five pounds lighter than when I left America, and I feel all the better for it, only I won't let me eat and drink enough."

"No," added Mitchell, "he wants to drink too much tea."

"Perhaps you are right, Charley," said K. rain, laughing, and added, "has for Sullivan if he means to fight he had several chances in America of earning more money than ever in England. He fought me, which I regretted."

did had fought me, which I wanted him to do and still wish. As regards Mitchell twice with Sullivan, I think Mitchell match as clever as Sullivan and five times anxious to fight him, and I think in a knock-out fight Mitchell will win and I hope he will win when, unlike Sullivan, I shall never deny saying so."

I now turned to Charley Rowell, who has just finished a game of billiards with Will Mitchell, Charley's brother, when he said:

"Effrain could not possibly be better than he is at present, and I know, undoubtedly from experience, he can hit awfully hard and I think he will beat Smith."

We all now advanced to a sitting position.

1 We are now adjourned to a sitting room.